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*If you're over 50,  
or maybe 35,  
or maybe just grunt when you get up . . .  
you might want to read Gary Syme's*  
**BORN AGAIN BODIES**

We first met this New Zealander in Berlin on our way to Moscow during the Cuban Crisis. Now after 46 years we reconnect only to find he has become a successful health nut determined to stop Old Father Time - and apparently with some success. His book is written for the young at heart. It's simple, fun, practical and a no non-sense guide to exercising at home. You can get a copy which includes a personalized inscription - usually humorous - for US \$25. To order go to [www.bornagainbodies.co.nz](http://www.bornagainbodies.co.nz) and start feeling better. Contact Gary directly at his email address: [bornagainbodies@actrix.co.nz](mailto:bornagainbodies@actrix.co.nz)

*February, 2009*